
Name _____
Address _____
Phone _____
E-mail _____

Emergency Medical Information

Blood Type _____ Allergies _____
Hospital Preference _____
Address _____ Phone _____
Urgent Care Center _____
Address _____ Phone _____
My Doctor _____
Current Medications _____

Nearest relative or friend to call (listed in the order I would like them to be called)

Name _____ Phone _____
Address _____
Name _____ Phone _____
Address _____

I have designated Durable Power of Attorney for Health Care (someone [health care agent] who makes decisions if you aren't able to):

My Health Care Agent _____ Phone _____
Living Will _____

I have designated Financial Power of Attorney (someone who controls your finances and assets if you become physically or mentally unable to do it yourself):

My Attorney _____
My Court-Appointed Guardian _____

Generations: Women's Health Across the Lifespan



Besides handing down stories, photos, and traditions, your family members pass on attitudes, important information, and sometimes even health conditions that can affect your health and well-being. Take time to ask your family members, including your extended family, about their health. Your family's heritage and health behavior influence how you deal with your own health. And your attitudes and behaviors, in turn, influence those of your children.

You can learn from your family members, from both their sickness and good health. At the same time, you can start new healthy traditions that you can hand down. Start learning today how you can take simple steps each day to either prevent or manage health problems to live a longer, happier life. Practice what you've learned so that you are a good role model for your children and for their children.

This year's daybook is a book for all generations of women. Inside, you will find information on many common health problems and concerns, as well as how to prevent or manage them. Don't miss the useful tools at the front of the book, such as the "How to" sections and the charts on when to get important tests.

You have the power to take care of yourself and teach future generations the value of healthy living.

**“One generation plants the trees;
another gets the shade.”**

Chinese proverb

About the Office on Women's Health (OWH) and the National Women's Health Information Center (NWHIC)



National Women's
Health Information
Center (NWHIC)

www.4woman.gov

800-994-WOMAN (9662)

TDD: 888-220-5446

What is OWH?

The Office on Women's Health (OWH) in the Department of Health and Human Services (HHS) is the government's champion and focal point for women's health issues. OWH develops and coordinates women's health services and activities across HHS. OWH works to redress inequities in research, health care services, and education that have historically placed the health of women at risk. In November 1998, OWH launched the National Women's Health Information Center (NWHIC). This book is a publication of NWHIC.

What is NWHIC?

We are the most reliable and current information resource on women's health today. We offer FREE women's health information on more than 800 topics through our call center and web site.

By phone (in both English and Spanish) or via our web site you can find:

- original health information on special topics like minority women, pregnancy, women with disabilities, breastfeeding, men's health, and much more
- thousands of health publications
- statistics on women's health
- daily news on women's health
- a calendar of women's health events and MORE!



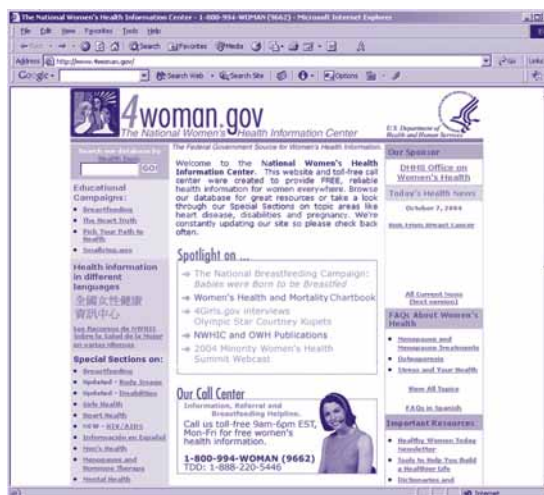
"We can help you by finding resources and materials that will answer your specific questions."

We also offer a **National Breastfeeding Helpline**! Our trained breastfeeding peer counselors can help you with your basic breastfeeding questions and concerns. If you are having a hard time, don't give up! Call us! It's free! Or visit www.4woman.gov/breastfeeding.



What's the difference between NWHIC and other women's health information services?

NWHIC is sponsored by the federal government. It is a service of the Office on Women's Health within the U.S. Department of Health and Human Services. We don't represent any special commercial interest or try to sell you anything. NWHIC is here simply to help you get the information you can trust on a wide range of women's health issues most important to you.



Visit the National Women's Health Information Center web site www.4woman.gov

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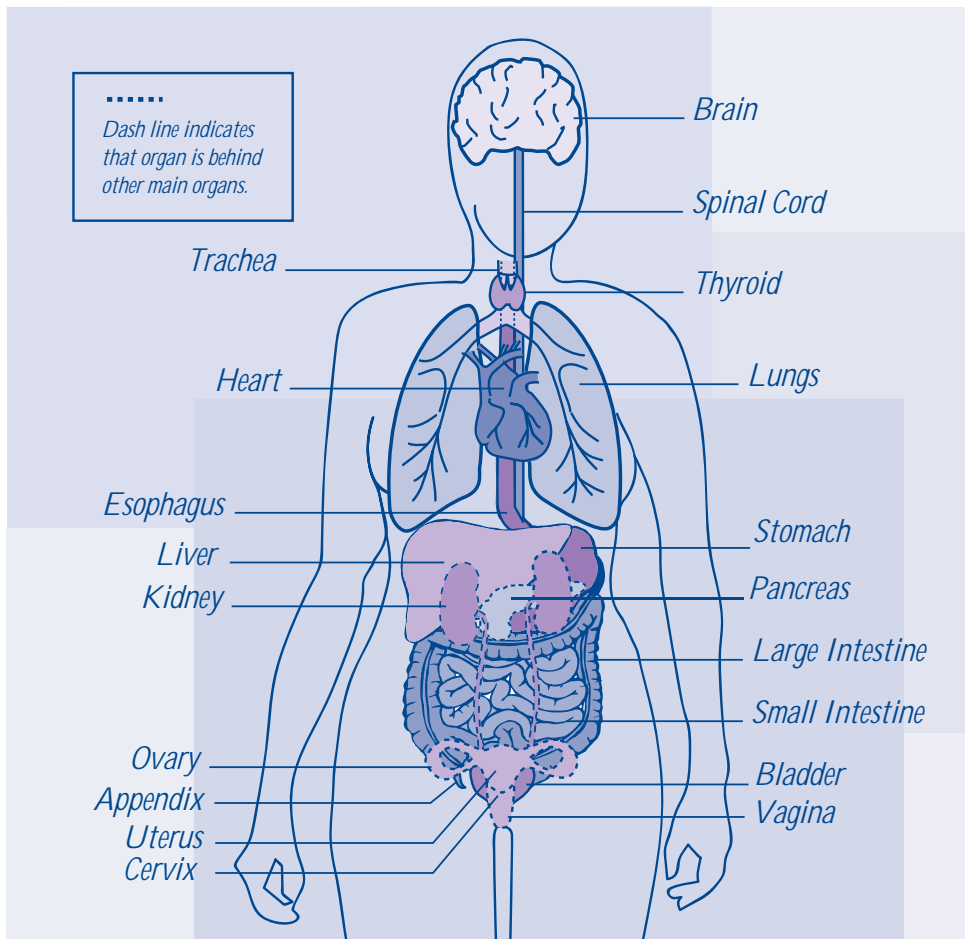
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Know Your Body



Women's Body Systems

Cardiovascular and Circulatory—heart, lungs, arteries, veins

Digestive (gastrointestinal)—esophagus, liver, stomach, pancreas, large intestine (colon), small intestine, appendix, rectum, anus

Endocrine—thyroid, ovaries, pancreas

Nervous (neurological) and Skeletal—brain, nerves, spinal cord, bones, joints

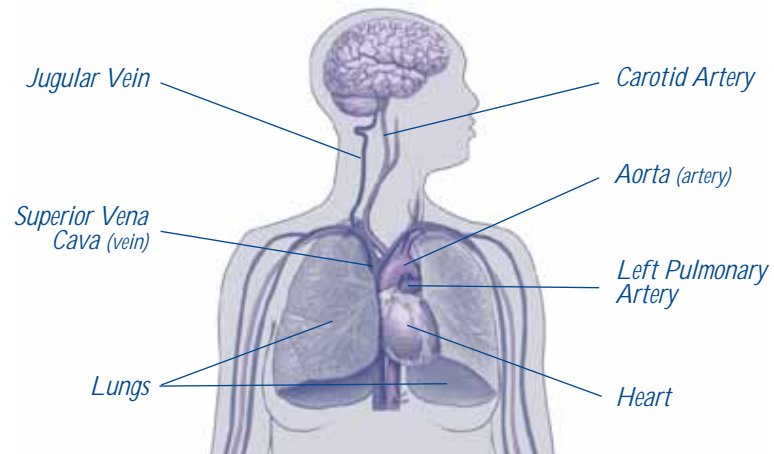
Reproductive—ovaries, fallopian tubes, uterus, cervix, vagina, breasts

Respiratory—lungs, nose, trachea (windpipe)

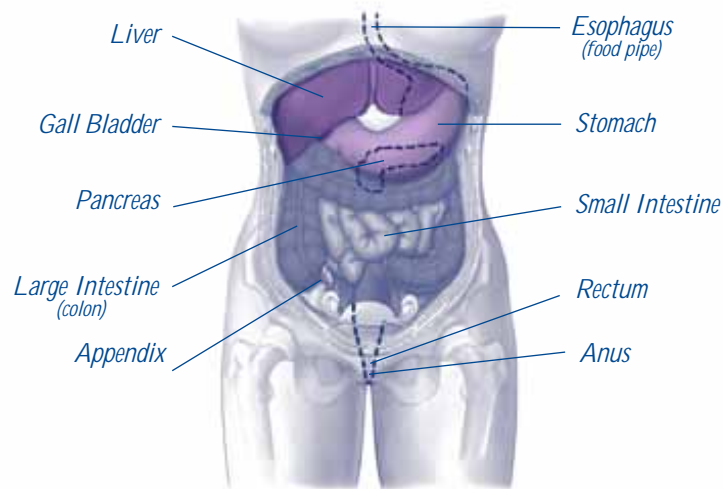
Urinary—urinary tract, bladder, kidneys

Know Your Body

Cardiovascular and Circulatory System

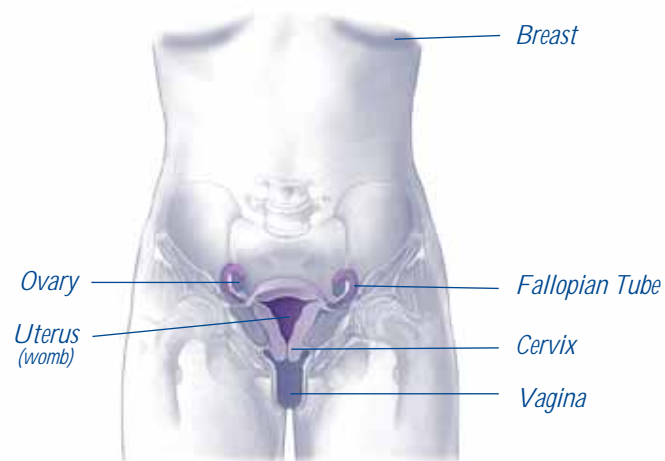


Digestive System

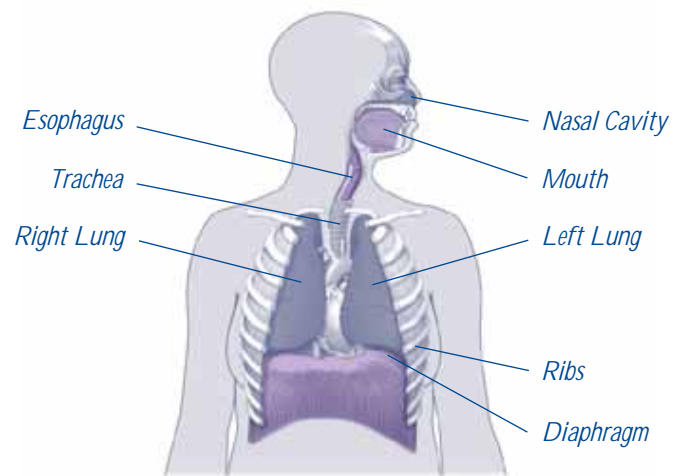


Know Your Body

Reproductive System

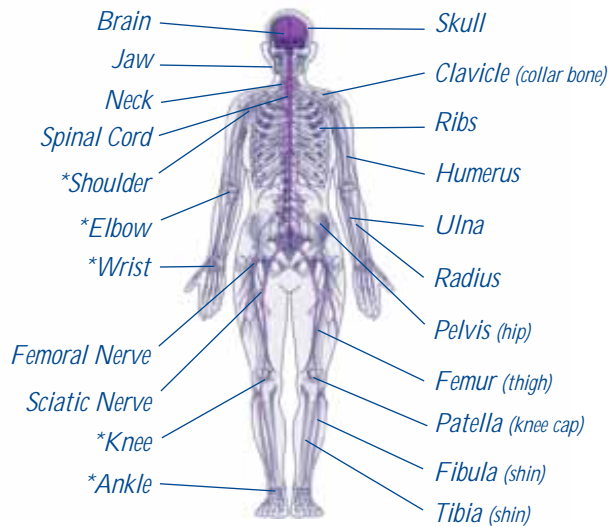


Respiratory System



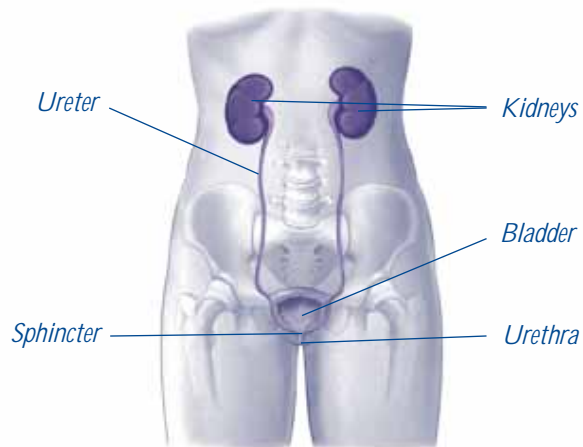
Know Your Body

Skeletal and Nervous System



**Major joints where arthritis or joint disease can occur.*

Urinary System



Symptoms of Serious Health Conditions

This chart shows some symptoms that could be signs of serious health conditions, which should be checked by a doctor or nurse. It is important to note that you might feel symptoms in one part of your body that could actually mean a problem in another part. Even if the symptoms don't seem related, they could be. Keep track of your symptoms. If you have any of these symptoms, make an appointment to see your doctor. Listen to what your body is telling you, and be sure to describe every symptom in detail to your provider.

Note: A chart of diagnostic tests that your provider might order follows this chart.

Signs of a heart attack

Some symptoms of a heart attack can happen a month or so *before* the heart attack.

Before a heart attack, women have had these symptoms:

- unusual tiredness
- trouble sleeping
- problems breathing
- indigestion
- anxiety

During a heart attack, women have had these symptoms:

- pain or discomfort in the center of the chest
- pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw, or stomach
- other symptoms, such as shortness of breath, breaking out in a cold sweat, nausea, or light-headedness

If you have any of these symptoms, go to an emergency room right away or call 911.



Signs of a stroke

Signs of a stroke happen suddenly and are different from signs of a heart attack:

- sudden or developing problems with speech
- sudden or developing problems with sight
- sudden or developing problems with balance and coordination
- sudden numbness or weakness in the face, arms, or legs

If you have any of these symptoms, go to an emergency room right away or call 911.



Symptoms of reproductive health problems

- bleeding or spotting between periods
- itching, burning, or irritation (including bumps, blisters, or sores) of the vagina or genital area
- pain or discomfort during sex



- severe or painful bleeding with periods
- severe pelvic pain
- unusual (for you) vaginal discharge of any type or color or with strong odor

Symptoms of breast problems



- nipple discharge
- unusual breast tenderness or pain
- breast or nipple skin changes: ridges, dimpling, pitting, swelling, redness, or scaling
- lump or thickening in or near breast or in underarm area, or tenderness

Symptoms of lung problems



- coughing up blood
- persistent cough that gets worse over time
- repeated bouts of bronchitis or pneumonia
- shortness of breath
- wheezing

Symptoms of stomach or digestive problems



- bleeding from the rectum
- blood or mucus in the stool (including diarrhea) or black stools
- change in bowel habits or not being able to control bowels

- constipation, diarrhea, or both
- heartburn or acid reflux (feels like burning in throat or mouth)
- pain or feeling of fullness in stomach
- unusual abdominal swelling, bloating, or general discomfort
- vomiting blood

Symptoms of bladder problems



- difficult or painful urination
- frequent urination or loss of bladder control
- blood in urine
- feeling the urge to urinate when bladder is empty

Symptoms of skin problems



- changes in skin moles; moles that are no longer round or that turn blacker
- frequent flushing and redness of face and neck
- jaundice (skin and whites of eyes turn yellow)
- painful, crusty, scaling, or oozing skin lesions that don't go away or heal
- sensitivity to the sun
- small lump on skin that is smooth, shiny, and waxy (red or reddish-brown)

Symptoms of muscle or joint problems

- muscle pains and body aches that are persistent, or that come and go often
- numbness, tingling (pins and needles sensation) or discomfort in hands, feet, or limbs
- pain, stiffness, swelling, or redness in or around joints



- “baby blues” that haven’t gone away two weeks after giving birth and seem to get worse over time
- thoughts about harming yourself or your baby after giving birth

Symptoms of emotional problems

Note: These symptoms can have a physical cause and are usually treatable.

- anxiety and constant worry
- depression: feeling empty, sad all the time, or worthless
- extreme fatigue, even when rested
- extreme tension that can’t be explained
- flashbacks and nightmares about traumatic events
- no interest in getting out of bed or doing regular activities, including eating or sex
- thoughts about suicide and death
- seeing or hearing things that aren’t there (hallucinations)
- seeing things differently from what they are (delusions)



Symptoms of headache problems

Note: This does not include everyday tension headaches.

- headaches between the eyes
- headaches that come on suddenly
- headaches that last longer than a couple of days
- seeing flashing lights or zigzag lines and temporary vision loss before a headache starts
- spreading pain in face that starts in one eye
- severe pain on one or both sides of head with upset stomach, nausea, or vision problems



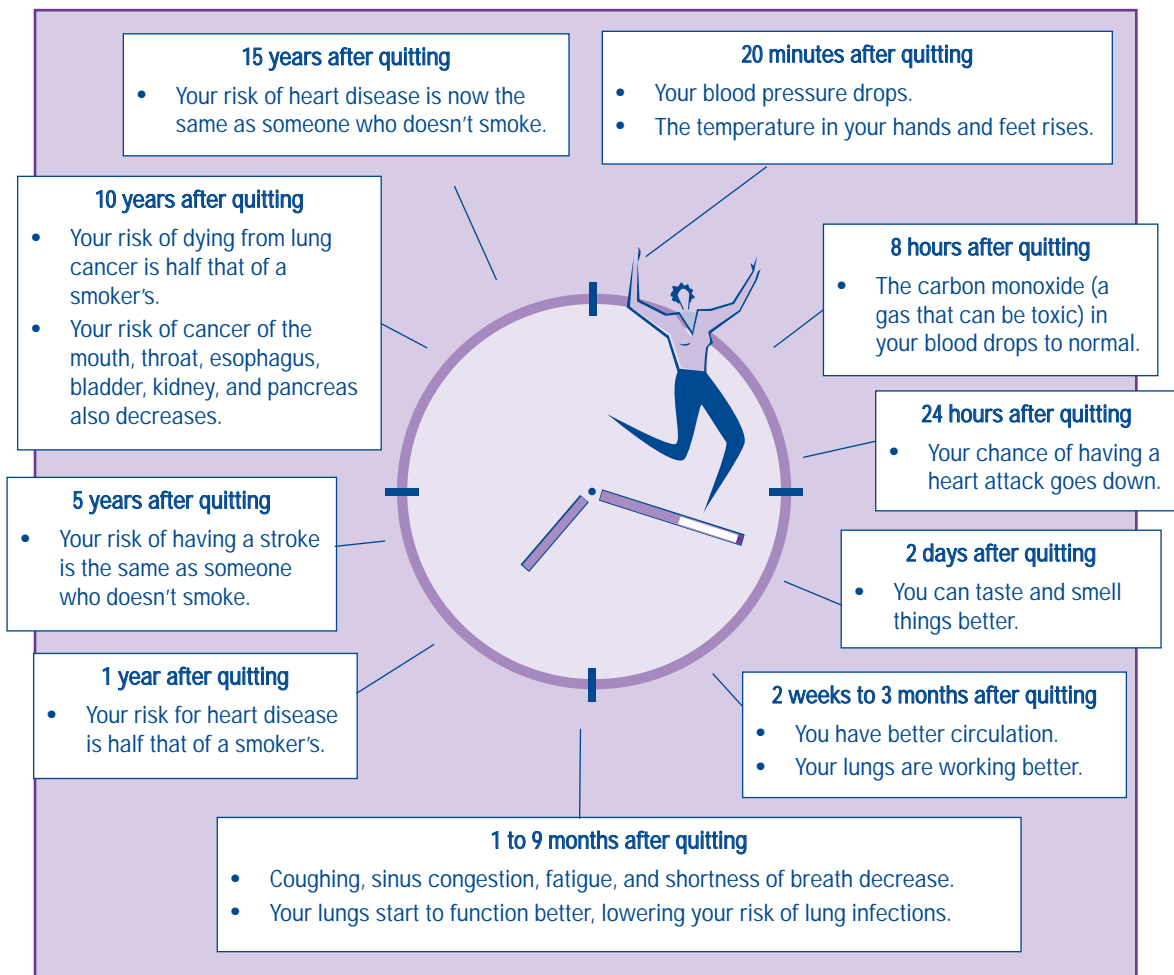
Symptoms of eating or weight problems

- extreme thirst or hunger
- losing weight without trying
- desire to binge on food excessively
- desire to vomit on purpose
- desire to starve (not eat at all)



Feel Great About Quitting Smoking!

New information shows that smoking causes diseases in nearly every organ of the body. Smoking is linked to diseases such as leukemia, cataracts, pneumonia, and cancers of the cervix, lung, kidney, pancreas, and stomach. Lung cancer alone claims the lives of more women than any other cancer. Stop smoking to lower your chances of these diseases!



Common Screening and Diagnostic Tests

Test Name	Definition
Angiogram	Exam of your blood vessels using x-rays. The doctor inserts a small tube into the blood vessel and injects dye to see the vessels in the x-ray.
Barium enema	A lubricated enema tube is gently inserted into your rectum. Barium flows into your colon. An x-ray is taken of the large intestines.
Biopsy	Removal of a small piece of tissue to check for health problems. There are different types of biopsies.
Blood test	Blood is taken from a vein in the inside elbow or back of the hand to test for a health problem.
Bone mineral density (BMD) test	X-rays of the bones are tested for osteoporosis, or weakening of the bones.
Bronchoscopy	Exam of the lungs. A bronchoscope, or flexible tube, is put through the nose or mouth and into your windpipe (trachea).
Clinical breast exam (CBE)	A doctor looks at the breasts and underarm areas to find lumps or other problems.
Chest x-ray	An x-ray of the chest, lungs, heart, large arteries, ribs, and diaphragm.
Colonoscopy	A flexible tube is put into the colon through the anus to see the colon.
Computed tomographic (CT or CAT) scan	The patient lies on a table and x-rays of the body are taken from different angles. Sometimes, a fluid is used to highlight parts of the body in the scan.
Echocardiogram	An instrument (that looks like a microphone) is placed on the chest. It uses sound waves to create a moving picture of the heart. A picture appears on a TV screen, and the heart can be seen in different ways.
Electroencephalogram (EEG)	Measures the electrical activity of the brain, using electrodes that are put on the patient's scalp. Sometimes patients sleep during the test.
Electrocardiogram (EKG or ECG)	Records the electrical activity of the heart, using electrodes placed on the arms, legs, and chest.
Exercise stress test	Electrodes are placed on the chest, arms, and legs to record the heart's activity. A blood pressure cuff is placed around the arm and is inflated every few minutes. Heart rate and blood pressure are taken before exercise starts. The patient walks on a treadmill or pedals a stationary bicycle. The pace of the treadmill is increased. The response of the heart is monitored. The test continues until target heart rate is reached. Monitoring continues after exercise for 10 to 15 minutes or until the heart rate returns to normal.

Note: Anesthesia (medicine to block pain or sedate you) is given during some of these tests to keep you comfortable. Be sure to talk with your doctor or nurse about what to expect during and after tests, and how to prepare for tests.

Common Screening and Diagnostic Tests

Test Name	Definition
Fecal occult blood test (FOBT)	Detects hidden blood in a bowel movement. There are two types: the smear test and flushable reagent pads.
Laparoscopy	A small tube with a camera is inserted into the abdomen through a small cut in or just below the belly-button to see inside the abdomen and pelvis. Other instruments can be inserted in the small cut as well. It is used for both diagnosing and treating problems inside the belly.
Magnetic resonance imaging (MRI)	The patient lies on a table which slides into a large tunnel-like tube within a scanner. Small coils may be placed around the head, arm, leg, or to other areas. Powerful magnets and radio waves create pictures of the body.
Mammogram	One breast at a time is rested on a flat surface that contains an x-ray plate. A device presses firmly against the breast. An x-ray is taken to show a picture of the breast.
Medical history	The doctor or nurse talks to the patient about current and past illnesses, surgeries, pregnancies, medications, allergies, use of alternative therapies, vitamins and supplements, diet, alcohol and drug use, physical activity, and family history of diseases.
Pap test	The nurse or doctor uses a small brush to take cells from the cervix (opening of the uterus) to look at under a microscope in a lab.
Pelvic exam	A doctor or nurse asks about the patient's health and looks at the vaginal area. The doctor or nurse checks the tubes, ovaries, and uterus by putting two gloved fingers inside the vagina. With the other hand, the doctor or nurse will feel from the outside for any lumps or tenderness.
Physical exam	The doctor or nurse will test for diseases, assess your risk of future medical problems, encourage a healthy lifestyle, and update your vaccinations.
Positron emission tomography (PET) scan	The patient is injected with a radioactive substance, like glucose. A scanner detects any cancerous areas in the body. Cancerous tissue absorbs more of the substance and looks brighter in images than normal tissue.
Sigmoidoscopy	The sigmoidoscope is a small camera attached to a flexible tube. This tube, about 20 inches long, is gently inserted into the colon. As the tube is slowly removed, the lining of the bowel is examined.
Spirometry	The patient breathes into a mouthpiece that is connected to an instrument called a spirometer. The spirometer records the amount and the rate of air that is breathed in and out over a specified time. It measures how well the lungs exhale.
Ultrasound	A clear gel is put onto the skin over the area being examined. An instrument is then moved over that area. The machine sends out sound waves, which reflect off the body. A computer receives these waves and uses them to create pictures of the body.

General Screenings and Immunizations for Women

These charts are guidelines only. Your doctor will personalize the timing of each test and immunization to meet your health care needs. Use the stickers to remind yourself of these exams.

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 +
General Health Full checkup, including weight and height	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Thyroid test (TSH)	Start at age 35, then every 5 years	Every 5 years	Every 5 years	Every 5 years
Heart Health Blood pressure test	Start at age 21, then once every 1-2 years if normal	Every 1-2 years	Every 1-2 years	Every 1-2 years
Cholesterol test	Discuss with your doctor or nurse.	Start at age 45, then every 5 years	Every 5 years	Every 5 years
Bone Health Bone mineral density test		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Get a bone density test at least once. Talk to your doctor or nurse about repeat testing.
Diabetes Blood sugar test	Discuss with your doctor or nurse.	Start at age 45, then every 3 years	Every 3 years	Every 3 years
Oral Health Dental exam	One to two times every year	One to two times every year	One to two times every year	One to two times every year
Reproductive Health Pap test & pelvic exam	Every 1-3 years if you have been sexually active or are older than 21	Every 1-3 years	Every 1-3 years	Discuss with your doctor or nurse.
Chlamydia test	If sexually active, yearly until age 25	If you are at high risk for chlamydia or other sexually transmitted diseases (STDs), you may need this test. <i>See STD section.</i>	If you are at high risk for chlamydia or other sexually transmitted diseases (STDs), you may need this test. <i>See STD section.</i>	If you are at high risk for chlamydia or other sexually transmitted diseases (STDs), you may need this test. <i>See STD section.</i>
Sexually transmitted disease (STD) tests	Talk to your doctor or nurse if you or your partner have had sexual contact with more than one person OR if either of you have ever had a STD.	Talk to your doctor or nurse if you or your partner have had sexual contact with more than one person OR if either of you have ever had a STD.	Talk to your doctor or nurse if you or your partner have had sexual contact with more than one person OR if either of you have ever had a STD.	Talk to your doctor or nurse if you or your partner have had sexual contact with more than one person OR if either of you have ever had a STD.

This chart lists recommended screenings and immunizations for women at average risk for most diseases.

General Screenings and Immunizations for Women

These charts are guidelines only. Your doctor will personalize the timing of each test and immunization to meet your health care needs. Use the stickers to remind yourself of these exams.

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 +
Breast Health Mammogram (x-ray of breast)		Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.
Colorectal Health Fecal occult blood test			Yearly	Yearly
Flexible sigmoidoscopy (with fecal occult blood test is preferred)			Every 5 years	Every 5 years
Double contrast barium enema (DCBE)			Every 5-10 years (if not having colonoscopy or sigmoidoscopy)	Every 5-10 years (if not having colonoscopy or sigmoidoscopy)
Colonoscopy			Every 10 years	Every 10 years
Rectal exam	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)
Eye and Ear Health Vision exam with eye care provider	Once initially between age 20 and 39	Every 2-4 years	Every 2-4 years	Every 1-2 years
Hearing test (Discuss with your doctor.)	Starting at age 18, then every 10 years	Every 10 years	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Skin Health Mole exam	Monthly mole self- exam; by a doctor every 3 years, starting at age 20.	Monthly mole self- exam; by a doctor every year.	Monthly mole self- exam; by a doctor every year.	Monthly mole self- exam; by a doctor every year.
Mental Health Screening	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Immunizations Influenza vaccine	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Yearly	Yearly
Pneumococcal vaccine				One time only
Tetanus-diphtheria booster vaccine	Every 10 years	Every 10 years	Every 10 years	Every 10 years

This chart lists recommended screenings and immunizations for women at average risk for most diseases.

Visit the National Women's Health Information Center web site www.4woman.gov

Recommended Screenings and Immunizations for Women with High-Risk Factors

✓ if it applies	Does your family history include?	Then ask your doctor or nurse if you need the following screenings or tests more often or at a younger age:
	High blood pressure	Blood pressure test
	High cholesterol	Cholesterol test
	Heart disease, premature heart disease, or heart attack	Blood pressure test, cholesterol test, exercise stress test
	Diabetes	Blood sugar test
	Breast cancer	Mammogram, ovarian screening tests
	Cervical, uterine, or vaginal cancer	Pap test, pelvic exam, ovarian screening tests, colon screening
	Ovarian cancer	Pelvic exam, ovarian screening tests, colon screening, clinical breast exam
	Osteoporosis, bone fracture in adulthood	Bone mineral density test
	Thyroid disease or thyroid cancer	Thyroid test and/or genetic counseling
	Gum (periodontal) disease	Oral exam
	Hearing problems, deafness	Hearing test
	Vision problems, eye disease, blindness	Vision exam
	Inflammatory bowel disease; colon polyps; colon, ovarian, or endometrial cancer	Colonoscopy, sigmoidoscopy, DCBE, rectal exam, fecal occult blood test
	Cancer, heart disease, or any illness at an unusually young age (50 or younger)	Genetic counseling, possible early screening tests
	Two relatives with the same kind of cancer	Genetic counseling, possible early screening tests
	Birth defects or genetic disorder (you or your partner)	Genetic counseling, possible early screening tests. If you want to become pregnant, genetic counseling for you and your partner.

This chart lists screenings or tests you might need more often or earlier because of having high-risk factors or things in your life that increase your chances of developing a condition or disease.

Recommended Screenings and Immunizations for Women with High-Risk Factors

✓ if it applies	Are you?	Then ask your doctor or nurse if you need the following screenings or tests more often or at a younger age:
	African American	Blood pressure test, cholesterol test, blood sugar test, vision exam, colonoscopy, genetic counseling for sickle cell anemia
	Latina	Blood pressure test, cholesterol test, blood sugar test, colonoscopy
	Alaska Native or Pacific Islander	Blood sugar test
	American Indian	Blood sugar test
	Ashkenazi Jewish descent	Genetic counseling for Tay-Sachs disease, if you want to become pregnant
	Ashkenazi Jewish with family history of breast or ovarian cancer	Genetic counseling for possible BRCA1/2 mutation
	Asian American	Blood sugar test
	Age 65 or older	Bone mineral density test, flu vaccine, pneumococcal vaccine
	Between the ages of 60 and 64, weigh less than 154 lbs., and not taking estrogen	Bone mineral density test
	College age	MMR vaccine, varicella vaccine
	Postmenopausal	Bone mineral density test
	Pregnant	Blood pressure test, blood sugar test, urine test, HIV test, STD tests, MMR vaccine
	A non-pregnant woman of childbearing age	MMR vaccine, varicella vaccine
	A smoker	Blood pressure test, cholesterol test, bone mineral density test, oral exam, vision exam
	Overweight	Blood pressure test, blood sugar test, weight
	Living in prison	Tuberculosis (TB) test, HIV test, STD tests
	Living in long-term care	TB test, influenza vaccine, pneumococcal vaccine
	A health care worker	TB test, influenza vaccine, pneumococcal vaccine, MMR vaccine, varicella vaccine; HIV test; hepatitis screening; hepatitis A, B vaccines

This chart lists screenings or tests you might need more often or earlier because of having high-risk factors or things in your life that increase your chances of developing a condition or disease.

Visit the National Women's Health Information Center web site www.4woman.gov

Recommended Screenings and Immunizations for Women with High-Risk Factors

✓ if it applies	Do you have or have you had?	Then ask your doctor or nurse if you need the following screenings or tests more often or at a younger age:
	High blood pressure	Blood pressure test, cholesterol test, blood sugar test
	High cholesterol	Blood pressure test, cholesterol test, blood sugar test
	Heart disease	Blood pressure test, cholesterol test, blood sugar test, influenza vaccine, pneumococcal vaccine
	Diabetes	Blood pressure test, cholesterol test, blood sugar test, vision exam, urine test
	Gestational diabetes (diabetes during pregnancy)	Blood sugar test
	A baby weighing more than 9 lbs.	Blood sugar test
	Breast cancer	Mammogram, ovarian screening tests
	Cervical, uterine, vaginal cancer	Pap test, pelvic exam, ovarian screening tests, colon screening
	Ovarian cancer	Pelvic exam, ovarian screening tests, mammogram, colon screening
	Previous abnormal Pap tests	Pap test, pelvic exam
	Early menopause (natural or surgically induced); absent or infrequent menstrual periods; advanced age; a personal history of bone fracture in adulthood; lifelong low calcium intake; lifelong inactive lifestyle, or little physical activity; low body weight (less than 154 lbs.), or a history of an eating disorder such as anorexia nervosa	Bone mineral density test
	An autoimmune disease (including lupus, rheumatoid arthritis, scleroderma, multiple sclerosis, psoriasis)	Thyroid test, TB test, influenza vaccine, MMR vaccine, pneumococcal vaccine, autoimmune screening test, bone mineral density test

This chart lists screenings or tests you might need more often or earlier because of having high-risk factors or things in your life that increase your chances of developing a condition or disease.

Recommended Screenings and Immunizations for Women with High-Risk Factors

✓ if it applies	Do you have or have you had?	Then ask your doctor or nurse if you need the following screenings or tests more often or at a younger age:
	Chronic lung disease	Influenza vaccine, pneumococcal vaccine
	Chronic liver disease	Hepatitis A vaccine
	Thyroid disease	Thyroid test, influenza vaccine, pneumococcal vaccine, bone mineral density test (of hyperthyroid)
	Gum (periodontal) disease	Oral exam
	Colon polyps, inflammatory bowel disease	Colonoscopy
	A developmental delay	Vision exam, hearing test
	Eye injury or disease	Vision exam
	Ear injury or prolonged exposure to loud noise	Hearing test
	HIV/AIDS	Oral exam; vision exam; Pap test; pelvic exam; TB test; thyroid test; STD tests; influenza vaccine; pneumococcal vaccine; hepatitis screening; hepatitis A, B vaccines
	A blood transfusion from 1978 to 1985	HIV test, hepatitis screening
	Multiple sex partners (or a partner who has multiple sex partners)	STD tests, HIV test, hepatitis B and C tests, Pap test, pelvic exam
	Alcoholism	Pneumococcal vaccine, TB test, psychological screening, liver tests
	Intravenous (IV) drug use or addiction	Hepatitis screening; hepatitis A, B vaccines; TB test; STD tests; HIV test; psychological screening
	A sexually transmitted disease (STD)	STD tests, HIV test, Pap test, pelvic exam
	Lived or worked with someone exposed to tuberculosis (TB)	TB test
	A serious injury (cut or laceration)	Tetanus-diphtheria booster vaccine
	A baby recently (within the last few weeks or months)	Postpartum depression screening

This chart lists screenings or tests you might need more often or earlier because of having high-risk factors or things in your life that increase your chances of developing a condition or disease.

Visit the National Women's Health Information Center web site www.4woman.gov

HOW TO

Talk to Your Doctor or Nurse



Waiting in your doctor's office can be a nerve-wracking experience. As you flip through old magazines in the waiting room, you might worry about what's wrong or become aggravated about getting behind schedule. Then, when you see your doctor, the visit seems to fly by, leaving only a few minutes for you to explain your symptoms and concerns. Later that night, you remember something you forgot to mention and wonder if it matters. Knowing how to talk to your doctor or other members of your health care team will help you get the information you need, when you need it, especially when visits are oftentimes short. Here are some tips for talking with your doctor.

- **Make a list of concerns and questions to take to your visit with your doctor.** While you're waiting to be seen, use the time to review your list and organize your thoughts. You can share the list with your doctor.
- **Describe your symptoms clearly and briefly.** Say when they started, how they make you feel, what triggers them, and what you've done to feel better.
- **Tell your doctor what prescription and over-the-counter medicines, vitamins, herbal products, and other supplements you're taking.** Be honest about your diet, physical activity, smoking, alcohol or drug use, and sexual history— withholding information can be harmful! Describe

allergies to drugs, foods, or other things. Don't forget to mention if you are being treated by other doctors, including mental health professionals.

- **Don't feel embarrassed about discussing sensitive topics.**

Chances are, your doctor has heard it before! Don't leave something out because you're worried about taking up too much time. Be sure to have all of your concerns addressed before you leave.

- **If your doctor orders tests, be sure to ask how to find out about results and how long it takes to get them.**

Get instructions for what you need to do to get ready for the test(s) and find out about any dangers or side effects with the test(s).

- **If you are diagnosed with a condition, ask your doctor how you can learn more about it, including what caused it, if it is**



permanent, and if there are lifestyle changes you can make to help yourself feel better.

Be sure to ask about all of the options for treatment, and how you can find out more information about treatment options.

- **When you are given medicine and other treatments, ask your doctor about them.**

Ask how long treatment will last, if it has any side effects, how much it will cost, and if it is covered by insurance. Make sure you understand how to take your medicine; what to do if you miss a dose; if there are any foods,

drugs, or activities you should avoid when taking the medicine; and if there is a generic brand available at a lower price (you can also ask your pharmacist about this).

- **Understand everything before you leave your visit.**

If you don't understand something, ask to have it explained again.

- **Bring a family member or trusted friend with you to your visit.**

That person can take notes, offer moral support, and help you remember what was discussed. You can also have that person ask questions as well.

HOW TO

Get a Second Opinion



Even though their training can be similar, doctors have their own opinions, experiences, and thoughts on how to practice, including diagnosing and treating conditions or diseases. Some doctors opt to take a more conservative, or traditional, approach, while other doctors are more aggressive and tend to use the newest tests and therapies. Because health care (including mental health) is a highly specialized and constantly changing field, it can be difficult for every doctor to be skilled in the latest technology. Getting a second opinion from a different doctor might give you a fresh perspective and more information on how to treat your condition. You can weigh your options and make a more

informed choice about what to do. If you are given similar opinions from two doctors, you also can talk with a third doctor. Here are some tips for how to get a second opinion.

- **Ask your doctor to recommend another doctor or specialist for another opinion.** Don't worry about hurting your doctor's feelings. Most doctors welcome a second opinion, especially when surgery or long-term treatment is involved.
- **If you don't feel comfortable asking your doctor about whom to go to for a second opinion, contact another doctor you trust.** You can also call university teaching hospitals and medical societies in your area for names of doctors. Some

of this information is available on the Internet.

- **Always check with your health insurance provider first to make sure the cost of a second opinion is covered.** Many health insurance providers do. Ask if there are any special procedures you or your primary care doctor need to follow.
- **Arrange to have your medical records sent to the second opinion doctor before your visit.** This gives the new doctor time to look at your records and can help you to avoid repeating medical tests. You need to give written permission to your current doctor to forward any records or test results. You can also request a copy of your medical record for your own files.
- **Learn as much as you can about your condition.** Ask your



doctor for information you can read, go to a local library, or do a search on the Internet. Some teaching hospitals and universities have medical libraries that are open to the public. But be aware that sorting through information that is complicated and sometimes contradictory can be a daunting task. List your questions and concerns and bring the list to discuss with the doctor you are seeing for a second opinion.

- **Never rely solely on the telephone or Internet for a second opinion.** When you get a second opinion, you need to be seen by a doctor. A sound second opinion includes a physical examination and a thorough review of your medical records. Don't forget to ask the doctor to send a written report to your primary doctor and get a copy for your records.

HOW TO Read Drug Labels



Medicines, or drugs, come as either prescription or over the counter. Prescription drugs are used under a doctor's care. Over-the-counter drugs can be bought and used without a doctor's prescription, and you buy them at a drug store or grocery store. When using any kind of drug, it's really important to read the drug label for

instructions. Not following the instructions can hurt your health. Read the label each time you use a drug, just in case there have been changes to it since the last time you used it. See the drug label below and on the next page to know what to look for. If you read the label and still have questions, call your doctor, nurse, or pharmacist for help.

Prescription

Pharmacy name and address

Number used by the drug store to identify this drug for your refills

Person who gets this drug

Instructions about how often and when to take

Name of drug and strength of drug

Number of refills

Doctor's name

Drug store phone number

Today's date

Local Pharmacy
123 MAIN STREET
ANYTOWN, USA 11111
(800) 555-5555

DR C. JONES

NO 0060023-08291 DATE 06/23/05

JANE SMITH
456 MAIN STREET ANYTOWN, US 11111

TAKE ONE CAPSULE BY MOUTH THREE TIMES DAILY FOR 10 DAYS UNTIL ALL TAKEN

AMOXICILLIN 500MG CAPSULES

QTY MRG
NO REFILLS - DR. AUTHORIZATION REQUIRED

USE BEFORE 06/23/06
SLF/SLF

Rx ONLY

Don't use this drug past this date

Over the Counter (OTC)

Therapeutic substance in drug

Drug Facts

Active ingredient (in each tablet)	Purpose
Chlorpheniramine maleate 2 mg	Antihistamine

Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:

- sneezing ■ runny nose ■ itchy, watery eyes
- itchy throat

Warnings

Ask a doctor before use if you have

- glaucoma
- a breathing problem such as emphysema or chronic bronchitis
- trouble urinating due to an enlarged prostate gland

Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives

When using this product

- You may get drowsy ■ avoid alcoholic drinks
- alcohol, sedatives, and tranquilizers may increase drowsiness
- be careful when driving a motor vehicle or operating machinery
- excitability may occur, especially in children

If pregnant or breastfeeding, ask a health professional before use.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

adults and children 12 years and over	take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
children 6 years to under 12 years	take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
children under 6 years	ask a doctor

Other information store at 20-25° C (68-77° F)

- protect from excessive moisture

Inactive ingredients D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch

Product type

Symptoms or diseases the drug treats

Read carefully: how much to take, how to take it, and how long to take it

Things such as colors or flavorings

When not to use this drug, when to stop taking it, when to see a doctor, and possible side effects

Other information store at 20-25° C (68-77° F)

- protect from excessive moisture

Inactive ingredients D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch

More information such as storage

Men's and Children's Health Resources

You can use these great resources to help you protect the other precious people in your life!
For specific publications on these health topics, visit www.4woman.gov.

Men's Health Resources

General Health

National Women's Health Information Center
(NWHIC)

What About Men's Health?

Phone: 800-994-WOMAN (9662)

Internet: www.4woman.gov/mens

Healthfinder®

Internet: www.healthfinder.gov/justforyou

Men Shoot for 9

National Cancer Institute

Internet: <http://5aday.gov/9aday>

Fatherhood Initiative

U.S. Department of Health and Human
Services

Internet:

<http://fatherhood.hhs.gov/index.shtml>

Centers for Disease Control and Prevention
(CDC): Men's Health Week

Internet: www.cdc.gov/od/spotlight/nmhw

Heart Health

National Heart, Lung, and Blood Institute
(NHLBI)

Internet: www.nhlbi.nih.gov

The American Heart Association

Internet: www.americanheart.org

Cancer Prevention

National Cancer Institute

Phone: 800-4-CANCER (800-422-6237)

Internet: www.cancer.gov

American Cancer Society

Phone: 800-ACS-2345

Internet: www.cancer.org

Mental Health

National Institute of Mental Health (NIMH)

Phone: 866-615-6464

Internet: www.nimh.nih.gov

Urologic and Reproductive Health

National Kidney and Urologic Diseases
Information Clearinghouse

Internet: <http://kidney.niddk.nih.gov>

American Foundation for Urologic Diseases

Internet: www.afud.org

Children's Health Resources

General Health

4 Girls Health

Internet: www.4girls.gov

FDA Kid's Page

Food and Drug Administration

Phone: 888-463-6332

Internet: www.fda.gov/oc/opacom/kids/default.htm

VERB™

Centers for Disease Control and Prevention

Internet: www.cdc.gov/youthcampaign

Internet: www.verbnow.com

American Academy of Pediatrics

Phone: 847-434-4000

Internet: www.aap.org

Kidshealth.org

Internet: www.kidshealth.org

Kids Growth

Internet: <http://kidsgrowth.com>

University of Iowa Hospitals and Clinics

Virtual Hospital

Internet: www.vh.org

Child Abuse

Prevent Child Abuse America

Phone: 312-663-3520

Internet: www.preventchildabuse.org

Childhood Asthma

American Lung Association

Phone: 212-315-8700 or 800-586-4872

Internet: www.lungusa.org

Childhood Diabetes

National Diabetes Information Clearinghouse

Phone: 800-860-8747 or 301-654-3327

Fax: 301-907-8906

Internet: <http://diabetes.niddk.nih.gov>

American Diabetes Association

Phone: 800-DIABETES (800-342-2383)

Internet: www.diabetes.org

Immunizations

Centers for Disease Control and Prevention (CDC)

National Immunization Program

Phone: 800-232-2522 (English hotline) or

800-232-0233 (Spanish hotline)

TTY: 800-243-7889

Internet: www.cdc.gov/nip

American Academy of Pediatrics

Immunizations Initiatives

Internet: www.cispimmunize.org

Immunization Action Coalition

Phone: 651-647-9009

Internet: www.immunize.org



Child Nutrition

Powerful Bones. Powerful Girls.
The National Bone Health Campaign
Internet: www.cdc.gov/powerfulbones

U.S. Department of Agriculture
Food and Nutrition Service
Child Nutrition Division
Internet: www.fns.usda.gov/cnd

Safety and Injury Prevention

Centers for Disease Control and Prevention
National Center for Injury Prevention and Control
Phone: 770-488-1506
Internet: www.cdc.gov/ncipc

National SAFE KIDS Campaign
Phone: 202-662-0600
Internet: www.safekids.org

National Highway Traffic Safety Administration
Car Seat Safety and Installation
Phone: 888-327-4236
Internet: www.nhtsa.dot.gov/CPS

Consumer Product Safety Commission
Keep Your Child's Playground Safe
Phone: 800-638-2722
TDD: 800-638-8270
Internet: www.cpsc.gov/cpsc/pub/pubs/playpubs.html

American Heart Association
CPR and Basic Life Support Skills for Children
Phone: 800-242-8721
Internet: www.americanheart.org

National Child Identification Program
Phone: 214-630-5895
Internet: www.childidprogram.com

U.S. Pharmacopeia
Children and Medicines
Internet: www.usp.org/druginformation/children

Visit **healthfinder®** for information
just for you:
www.healthfinder.gov/justforyou

Childhood Immunizations from the Immunization Action Coalition

(published March 2004)

When Do Children and Teens Need Immunizations?

Vaccinations start at birth and continue throughout life.

Age	Hep B Hepatitis B	DTaP Diphtheria, tetanus, pertussis	Hib <i>Haemophilus influenzae</i> type b	Polio	PCV Pneumococcal conjugate	MMR Measles, mumps, rubella	Varicella Chickenpox	Influenza
Birth	✓ ¹							
1 month	✓ ²			✓	✓			
2 months		✓	✓	✓	✓			
4 months		✓	✓		✓			
6 months	✓ ³	✓	✓ ⁴	✓				
12-18 months		(15-18 mos)	(12-15 mos)		(12-15 mos)	(12-15 mos)	✓	(6-23 mos)
19-47 months	catch-up ⁵	catch-up ⁵	catch-up ⁵ (to 5 years)	catch-up ⁵	catch-up ⁵	catch-up ⁵	catch-up ⁵	
4-6 years		✓		✓		✓		
11-12 years		(Td only)		catch-up ⁵		catch-up ⁵		
13-18 years		catch-up ⁵				catch-up ⁵	(unvaccinated children at this age need 2 doses)	

¹ All infants should be vaccinated prior to hospital discharge.

² Infants who receive hepatitis B vaccine at birth may receive up to four doses.

³ If the infant's mother is HBsAg-positive, a minimum of three doses of hepatitis B vaccine should be given by 6 months of age.

⁴ A dose of Hib vaccine at 6 months of age is not needed if either PedvaxHib or Comvax was used for doses #1 and #2.

⁵ Vaccinations that have been delayed or missed entirely should be given as soon as possible, including throughout the "catch-up" period.

Note: Children 2 years of age and older may need additional vaccines, such as hepatitis A, pneumococcal polysaccharide, meningococcal, or influenza. Talk to your doctor.

Immunization Action Coalition

1573 Selby Ave., Ste. 234

St. Paul, MN 55104 or 651-647-9009

www.immunize.org or www.vaccineinformation.org

See page 17 for adult immunizations.

Health Insurance: What Does It Mean to You and Your Family?

Health insurance has become a topic of great debate as more American families find themselves without insurance. Forty-five million Americans don't have health insurance, and 16 million of them are women. Uninsured women are more likely to suffer serious health problems, partly because they tend to wait too long to seek treatment or care. Lack of health insurance can even be deadly, as research has shown that uninsured adults are more likely to die earlier than those with insurance.

Resources That Can Help

A number of government resources such as Medicaid and other special interest programs are available. Find out if you are eligible for these programs by contacting www.cms.hhs.gov/medicaid.

But for women who make too much money to qualify for these programs and cannot afford to pay for health insurance or costly health services, the choices are limited and difficult. Public and private resources may be able to help.

- **“Safety-net” facilities.** These are community health centers, public hospitals, school-based centers, public housing primary care, and special need facilities. Contact your local or state health department for more information or go to <http://ask.hrsa.gov/pc/>.
- **Free clinics.** Free clinics provide services for the uninsured. To find a free clinic, go to www.freeclinic.net or call 540-344-8242.
- **Prescription drug assistance.** Some states provide prescription drug assistance to women who cannot get Medicaid. Also, many drug companies will work with your doctor to provide free medicines to those in need. A list of resources can be found at www.disabilityresources.org/RX.html.
- **Women with cancer.** Women with cancer can find help through a variety of government-sponsored and volunteer organizations. For example, Cancer Care (www.cancercare.gov) provides

